

Did you know? Health & Safety Facts

Walking: The Wonder Drug

20 Walking 20 minutes a day will burn 7 pounds of body fat per year.

Walking 45 minutes a day halves the odds of catching a cold. **45**

6 **Dementia**
Seniors who walk 6 to 9 miles a week are less likely to suffer from mental decline as they age.

Heart Disease
Walking 30 minutes a day, 5 days a week can reduce the risk of heart disease & reduce stress, cholesterol & blood pressure. **30**

SPEED LIMIT 20
Slow down!
Driving slower saves lives. A pedestrian is 7 times more likely to die if hit by a motorist at 30 mph compared to 20 mph.

North Carolina Pedestrian Laws

- ◆ When a sidewalk is available, pedestrians must walk on the sidewalk.
- ◆ Where sidewalks are not provided, any pedestrian walking along and upon a highway shall, when practicable, walk only on the extreme left of the roadway or its shoulder facing traffic which may approach from the opposite direction. Such pedestrians shall yield the right-of-way to approaching traffic.
(NC General Statutes, Chapter 20, Section 174d)
- ◆ Motorists shall yield right-of-way to pedestrians within any marked or unmarked crosswalk in residential and business areas except where there is a traffic or pedestrian signal regulating traffic movements.
(NC General Statutes, Chapter 20, Section 173a)
- ◆ Pedestrians also have right of way when approaching an alley, building entrance, private road, or driveway from any sidewalk or walkway.
(NC General Statutes, Chapter 20, Section 173c)



Jackson County is a North Carolina
Watch for Me NC Community
www.watchformenc.org

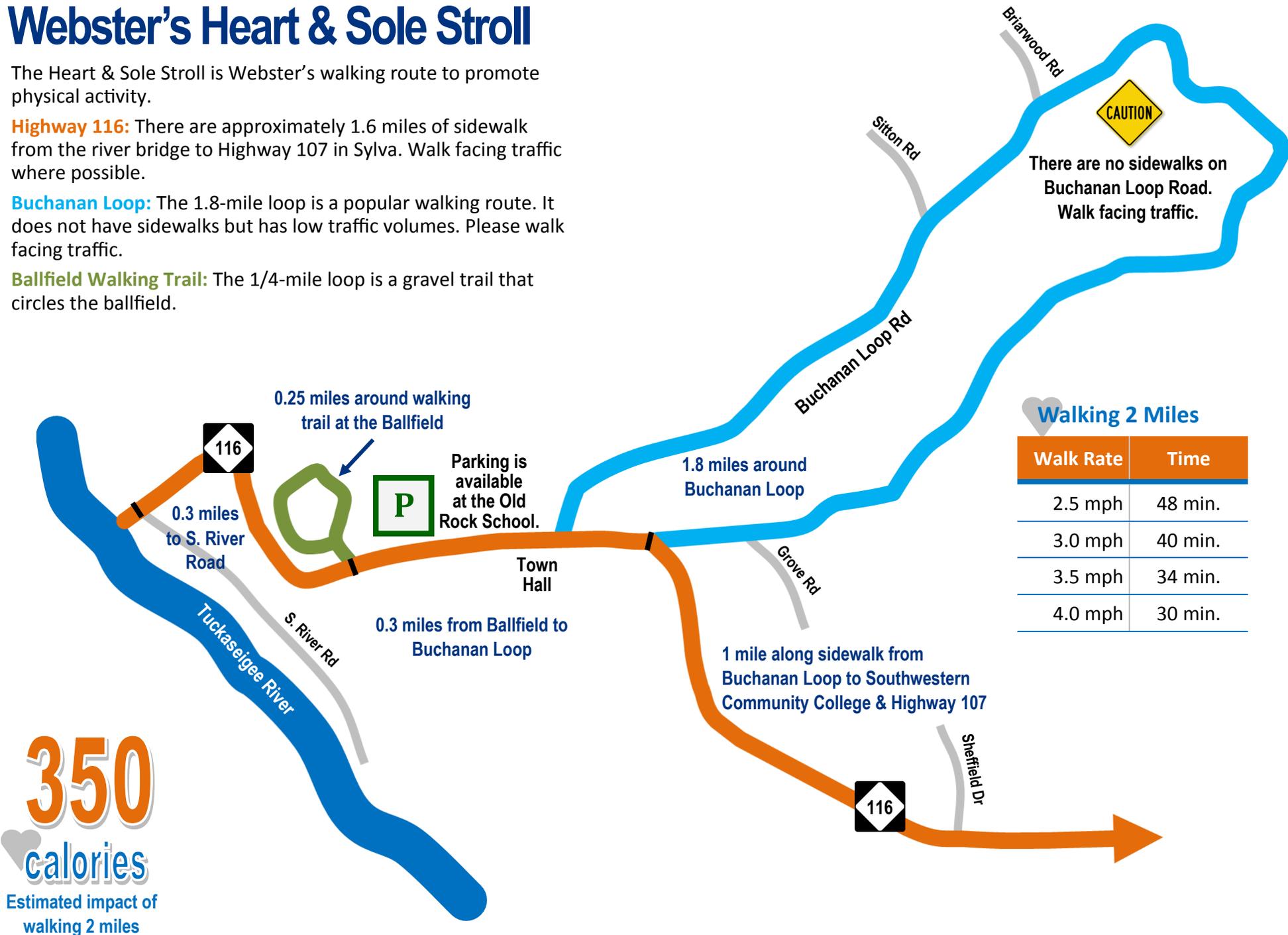
Webster's Heart & Sole Stroll

The Heart & Sole Stroll is Webster's walking route to promote physical activity.

Highway 116: There are approximately 1.6 miles of sidewalk from the river bridge to Highway 107 in Sylva. Walk facing traffic where possible.

Buchanan Loop: The 1.8-mile loop is a popular walking route. It does not have sidewalks but has low traffic volumes. Please walk facing traffic.

Ballfield Walking Trail: The 1/4-mile loop is a gravel trail that circles the ballfield.



Walking 2 Miles

Walk Rate	Time
2.5 mph	48 min.
3.0 mph	40 min.
3.5 mph	34 min.
4.0 mph	30 min.

350
calories

Estimated impact of walking 2 miles